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## **QUARTERLY H-PLUS® TAPE**

### *Sweet Dreams*

This quarter brings you another H-Plus tape, *SWEET DREAMS*. Because the sleep period captures a third of our lifetime on Earth, it offers an extensive and rich, but largely untapped environment for self-discovery and growth. The sleep state, especially during dreams, provides a potent bridge between our waking selves and our total selves. If we can gain some control over our dreams, we can greatly enhance our consciousness and move forward in our daily lives with greater clarity and self-knowledge. Plus, imagine the possibilities for FUN!

*SWEET DREAMS* makes use of the Hemi-Sync® technology in providing a powerful Function Command that, when invoked by you during your conscious waking state (preferably right after you get into bed), can give you the ability to program your dreams in any shape or direction you desire. To use the function, all you need to do is inhale, think of the kind of dream you'd like to experience, then say or think the words "Plus - Theme - Dream" and exhale. The *SWEET DREAMS* function includes the suggestion that you will remember your dreams in great detail when you awake.

Side 1 of the *SWEET DREAMS* tape is called *PREP*. This contains an exercise that helps you establish your own Access Channel—a powerful, clear line of communication that speaks to all parts of your being, possibly even down to the cellular level. If you have not already performed the PREP exercise on a previous H-Plus tape (the PREP exercise is the same on all H-Plus tapes), you should do so first, before listening to the side labelled *SWEET DREAMS*.

To optimize your learning of the H-Plus function, we recommend that you listen to the tape while sitting or lying down in a comfortable position, in a place where you will be free of distractions and interruptions. Remember to use stereo headphones.

*SWEET DREAMS*, like the other H-Plus functions, gives you an opportunity to expand your consciousness into new areas, new ways of being and behaving. Because the way we've habitually lived our lives results in a kind of inertia, a resistance to change, it may take several tries to consciously recall your programmed dream experiences. The more you use the *SWEET DREAMS* function, however, the easier and more effective it will become. Before using it each night, it can be helpful to use some other H-Plus functions, such as Relax (inhale, say or think "Plus Relax, Relax," exhale), *ATTENTION* (inhale, say or think "Plus Focus," exhale), and *IMPRINT* (inhale, think of remembering your desired dreams, say or think "Plus Imprint, Imprint," exhale.) The more you utilize other H-Plus functions—especially in combinations—the more effective ALL of the other H-Plus functions you have learned will

become. Other H-Plus functions that can be used along with *SWEET DREAMS* are *SLEEP* and *WAKE/KNOW*.

So, what shall it be—Tea with the Buddha? Flying through a heavenly paradise? Programming for a new job? Solving a nagging problem? Finding new loves, new relationships, new creative energy? With *SWEET DREAMS*, the content of your dreams is up to you! Happy rapid eye movements!

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